

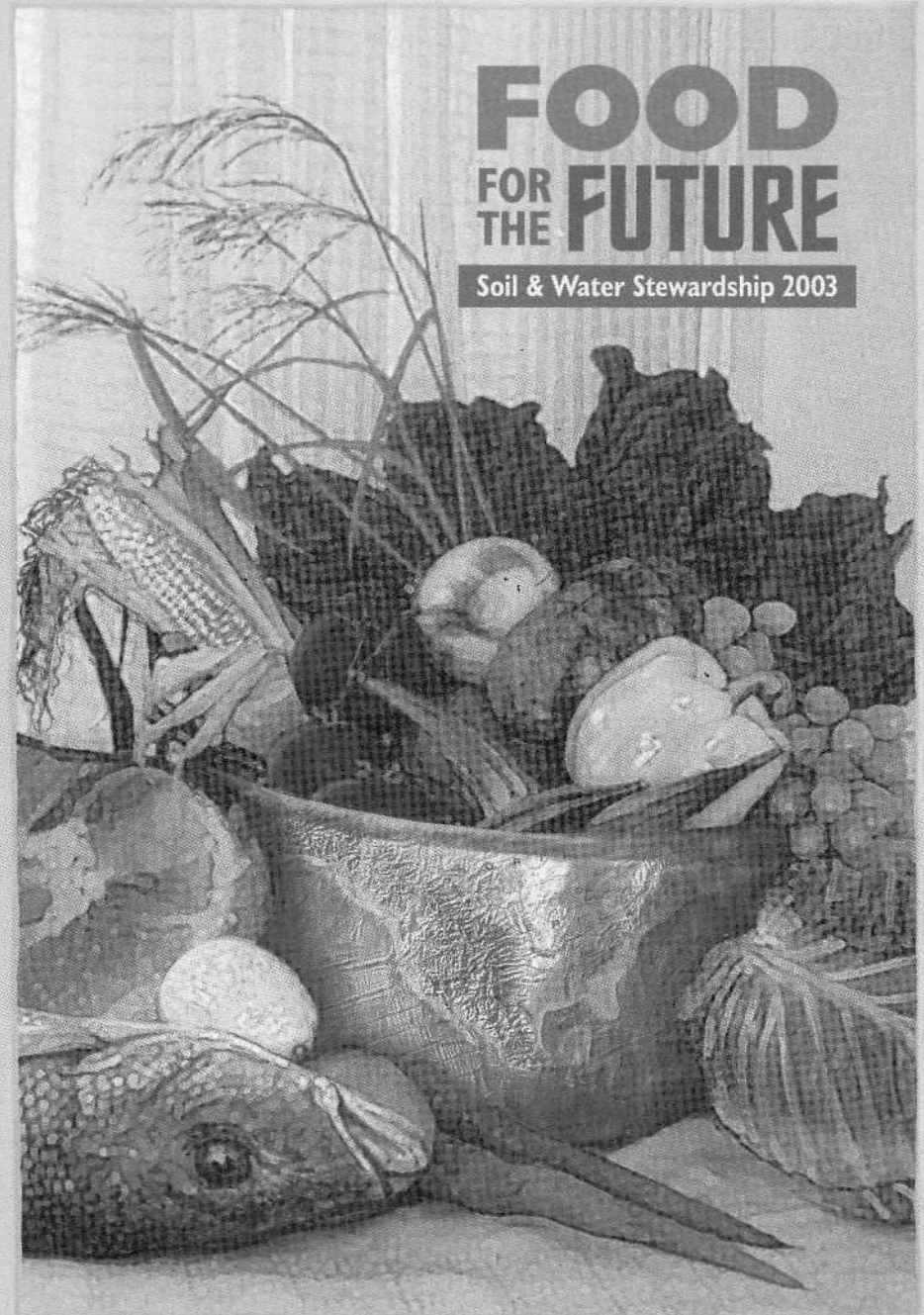
# Food Facts Quiz

Did you know that all the food we eat, whether it's bread or milk, bananas or carrots, beef or chicken, depends on soil and water? Soil provides nutrients to plants so they can grow. Those plants, and the animals that eat them, in turn provide food for our bodies. Take the quiz below to see how much you know about the nutrients your food provides.

1. To prevent eye problems and keep skin healthy, get plenty of:
  - a. Vitamin C
  - b. Calcium
  - c. Vitamin A
2. The unique vitamin that comes from sunlight is:
  - a. Vitamin B
  - b. Vitamin D
  - c. Vitamin A
3. Whole-grain breads and fortified cereals are a good source of:
  - a. Vitamin B
  - b. Vitamin A
  - c. Vitamin D
4. Most fruits are rich in:
  - a. Vitamin C
  - b. Vitamin A
  - c. Zinc
5. For strong teeth and bones, make sure to get your daily intake of:
  - a. Vitamin B
  - b. Calcium
  - c. Iron
6. The following food is a good source of iron:
  - a. Corn
  - b. Watermelon
  - c. Beef

## Answers:

1. c; 2. b; 3. a; 4. a; 5. b; 6. c



**"Conservation is humanity  
caring for the future."**

*Nancy Newhall, author*